ENTIRELY FICTIONAL CASE · SIMULATED DATA

Your week, organised.

01 / A completed plan and training log

THE EXAMPLE AT A GLANCE

Goal: build consistency. Initial availability: Monday, Wednesday and Friday at 18:30, with 40-minute windows at the gym. The intake questionnaire and assessment come before real individual planning.

WEEK 1 · PLANNED AND COMPLETED

Schedule / session	Planned	Training log
Monday · 18:30 A · Strength · lower body	40 min	Completed · 38 min Within the available time.
Wednesday · 18:30 B · Strength · upper body	40 min	Not completed Overtime at work.
Friday · 18:30 C · Strength · full body	40 min	Completed · 40 min Within the available time.

2 of 3
sessions completed

78 min
recorded time

1 missed
due to a schedule conflict

WHAT THIS SAMPLE SHOWS

A completed schedule and training log. The exercise sheet, sets, repetitions and loads are defined after an individual assessment; this material does not provide a workout to copy.

An organisational example, not a prescription or a client result. Materials, frequency, channels and timelines follow the individual proposal.

ENTIRELY FICTIONAL CASE · SIMULATED DATA

Feedback put into practice.

02 / Feedback on the week 1 log

MESSAGE FROM THE FICTIONAL CLIENT

“I completed Monday and Friday. On Wednesday I had to work late. Next week I can do Monday and Thursday at 18:30 and Saturday at 10:00.”

EXAMPLE OF COACH FEEDBACK

You completed A and C. Session B was missed because of a schedule conflict. For week 2, we will use the three times you confirmed below. Follow the guidance in your individual exercise sheet and record each session; this message alone does not justify changing the loads.

WEEK 2 · AGREED SCHEDULE

Session	New time	Available window
A · Strength · lower body	Monday · 18:30	40 min
B · Strength · upper body	Thursday · 18:30	40 min
C · Strength · full body	Saturday · 10:00	40 min

NEXT CHECK-IN IN THIS EXAMPLE

At the end of week 2, send the sessions completed, the duration of each and any difficulties. This will help us assess whether the new schedule worked in practice.

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ENTIRELY FICTIONAL CASE · SIMULATED DATA

Progress, in context.

03 / A completed report at the end of week 2

COMPARISON OF SIMULATED RECORDS

Measure	Week 1	Week 2
Sessions planned	3	3
Sessions completed	2 of 3	3 of 3
Recorded time	78 min	119 min
Schedule conflicts	1	0

WEEK 2 TRAINING LOG

A · Monday, 18:30 · 40 min
B · Thursday, 18:30 · 39 min
C · Saturday, 10:00 · 40 min

READING THE PERIOD

In this example, one more session was completed and there were no schedule conflicts in week 2. Two weeks do not establish physical gains or prove that the schedule change caused the difference.

NEXT FOCUS · WEEK 3

Keep the confirmed Monday, Thursday and Saturday times; continue recording completion and difficulties. The next review will consider these records before any technical adjustments.

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